

Health and Home

Apples are the cheapest and healthiest fruit to be used in the home. They may not be so pleasing to the taste, but are far more indispensable than other products of the trees and vines. It is said that the French have four hundred different ways of cooking apples. This alone, from a country noted for its fine cooks, should be enough to influence the housekeeper whose mind is often puzzled as to what to cook and how to cook it. The following are some recipes in which apples have a prominent part:

Old-Fashioned Apple Pie.—Pare, quarter and core tart apples. Fill the pan full, sweeten, and grate cinnamon or nutmeg over the whole. Cover with an upper crust and bake.

Apple Omelet.—To one cupful of stewed apples, that have been sweetened, add a lump of butter and some powdered bread crumbs. To this add four well-beaten eggs. Fry in hot lard until a rich brown.

Stuffed Apples.—Select six large apples, and take out the cores. Prepare a filling of grated bread crumbs, a small lump of butter, sugar to taste, and a dash of cinnamon. Mash the mixture well together and stuff the hollow of the apples with it. Put them in a hot oven and let them bake until done.

New Apple Pie.—Pare and quarter half a dozen tart apples; put them in a porcelain lined kettle, with a cup of white sugar, a teaspoonful of cinnamon or nutmeg and a lump of butter. Over it all spread a sheet of thin dough, and cover with a quart of boiling water. Cover and let stew for forty minutes.

Queen Apples.—Peel sound, rather tart apples, and core them without quartering. Fill them with prepared cocoanut which has been soaked in milk. Place a lump of butter on top, tie each apple carefully in a cloth, and steam till nearly done. Remove carefully to a shallow pan, sprinkle with sugar and brown slightly.

Frosted Apples.—Select sound apples and put them on to simmer in water with a small piece of alum. Put them in cold water, and when the skins will peel off with the fingers remove them and dip the apples in melted butter. Then sprinkle with granulated sugar and bake in a slow oven. This will make a sparkling dish for dessert.

Apple Compote.—Put a cupful of sugar and one of water into a preserving kettle, adding the juice of one lemon. Boil five minutes, or until the scum rises, and remove it. Add six apples, pared, cored and quartered. Boil until nearly tender, and then bake in the oven. This is good either hot or cold.

Apple Tapioca.—Fill a good sized pudding dish with thick slices of sour apples. Sprinkle over them a little sugar. Take one-half a cupful of tapioca, which has soaked six hours in two cupfuls of water, add a small quantity of salt, pour on a little boiling water and cook for twenty minutes, stirring frequently. Pour over the apples, cover the dish and bake until done.

Apple Shortcake.—Pare, core and slice four fine, large apples. Drop them into boiling syrup and cook until soft, and then mash them well. Roll a sheet of plain pie crust in two thin layers. Lay one in the pan, lightly greased with butter, then lay on the second sheet, and bake in a hot oven. When done, separate the sheets and spread the apple sauce between the crust and also on top, and serve with cream.

Scotch Eggs.—Boil five eggs very hard, take off the shells and cover the whites with a veal forcemeat, highly seasoned. Brush them over with the yolk of a beaten egg, breadcrumb them, and fry them a nice brown, and serve them whole with a little good gravy in the dish.

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